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# Chicken

## *Cutting, Canning and Cooking*



Fig. 1.—Chicken dinner. Roast chicken, mashed potatoes with gravy, buttered carrots, cranberry jam, celery, pumpkin pie

South Dakota State College  
Extension Service  
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# *Chicken*

## **Cutting, Canning and Cooking**

By

**Susan Z. Wilder**

**Extension Nutritionist**

Give chickens all the water they will drink but no feed for 12 to 24 hours before dressing, in order that the intestinal tract may be empty and the body easy to handle.

Remove all pin feathers with the aid of a sharp paring knife. Singe off the fine hairs by revolving the chicken quickly over a flame.

Dip the feet and legs in boiling water and peel off the skin and toenails. The feet contain gelatin which is excellent in gravy, soup stock, jellied or pressed chicken.

Wash the chicken in hot soapy water. Rinse thoroughly and dry with a towel. If the chicken is handled carefully, it is not necessary to wash it during the cutting and boning. A damp cloth or tissue paper may be used to remove blood or waste.

Place the chicken, breast up, with the head away from the worker on 6 or 8 sheets of white paper. Remove each piece of paper as quickly as it becomes soiled. Roll up waste and discard it. This method keeps the working surface always clean.

Grasp the leg near the outer joint with the left hand and lift the body clear of the table so that the weight pulls down and aids in separating the joints. (Fig. 2.)

Begin cutting near the upper thigh joint on the front side and continue between the leg and body toward the back.

Place the right hand on the body between the legs and push to the right, at the same time sliding the left hand up to the knee joint, giving the leg an outward wrench and throwing the joint out of place. Sever the muscles quickly with the point of the knife. (Fig. 3.)

Lift the chicken by the wing until clear of the table so that the body weight will pull down and aid in separating the joint. At the same time cut in toward the joint from the upper side around toward the back, giving a quick wrench of the wing to throw the joint out of place and cutting the muscles with the tip of the knife. (Fig. 4.)

Use care not to cut the crop when removing the left wing.

Repeat the operations on the other side of the body.

Cut the foot from the leg and the leg from the thigh by bending the sections close together and cutting straight down where the tendons draw tight over the top. Give a quick wrench to slip the bones out of joint and cut the remaining muscles.

Every chicken carcass has a line of fat running diagonally from the tip of the breastbone toward the shoulder. Cut on this line across the ribs on both sides. (Fig. 5.)

Grasp the breast firmly with the left hand and the center back with the right hand.

Give a quick wrench of the body, breaking the backbone between the second and third or the third and fourth ribs, and rolling the viscera out of the body cavity. (Fig. 6.)

Fig. 2.—Cutting muscles to sever leg from body.

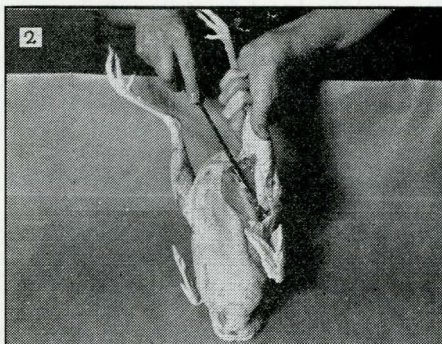


Fig. 3.—Disjointing the hip joint.



Fig. 4.—Disjointing the wing joint.

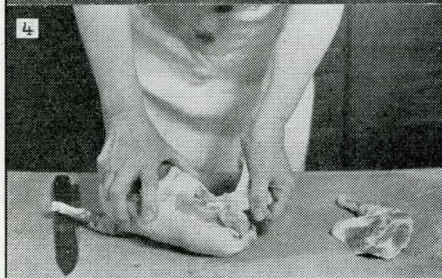
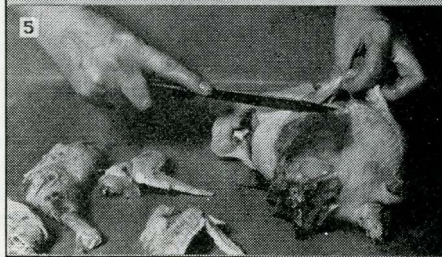


Fig. 5.—Cutting into body cavity on diagonal line of fat.





Peel off the layer of fat over the abdomen.

Cut off the gullet far up in the lung cavity and remove the viscera by cutting through the skin of the abdomen around the vent.

Remove the clear red liver, being very careful not to cut the gall bladder. The greenish part of the liver is likely to be bitter from the gall and is discarded.

Remove the heart from its membrane and cut off the muscles on the large end.

Cut the gizzard from the viscera. Turn it on edge and cut straight down carefully, through the thickest part until a thin white line shows. Touch this line lightly with the knife, peel back the outer muscle, roll out the sack and discard it. Scrape the two openings to remove bits of waste.

Peel out the four dark red glands along the backbone; cut out the oil sack at the back of the tail, and discard it.

Cut through the flesh straight back from the shoulder joints about 4 inches and 1 inch from the center back to remove the shoulder blades. Slip the knife under the shoulder blades until they are free of flesh. Grasp them near the joint and force them up and back, cracking them loose at the joint. The removal of these bones makes it easier to separate the ribs from the breast. (Fig. 7.)

Remove the wishbone with flesh by cutting straight down to the bone at the base of the breastbone and forcing the knife to the right. Peel the meat from both sides of the breastbone by cutting down along the bone.

Peel the skin off the neck so as to remove the crop, gullet, windpipe, and glands. Cut the neck off an inch above where it joins the ribs.

The large pieces—legs, thighs, wings, breast and wishbone sections—may be rolled in salted flour, browned in fat in a hot skillet or baked and packed boiling hot in glass jars, partially sealed and processed 1 hour at 15 pounds pressure in the steam pressure cooker and sealed.

Some homemakers maintain that the chicken is better flavored and more attractive to serve if it is canned with the bones.

If it is desired to can boned chicken, do the following.

Place the thighs with the skin side down. (Fig. 8.) Cut the flesh through the center line and with the knife tip gradually slip it back from around the bone. Cut the flesh off the leg, beginning at the small end, then down one side around the bone. Cut the wing tip off at the first joint and tie the two remaining ends together. The wings fit better into the can if prepared in this manner.

The boned pieces of chicken—two legs, thighs, two pieces of breast—(Fig. 9.) are stuffed with dressing made of 1 cup bread crumbs, 1 fine chopped apple, 2 T. chopped onion, 1 T. fat, 1 t. ground sage,  $\frac{1}{2}$  t. salt. One tablespoon of dressing is placed on each piece, the sides are folded over and the whole is tied together. The pieces are much easier to handle in boning and stuffing if not wet. The pieces are rolled in salted flour, browned in fat and packed boiling hot in pint jars. The fryings are added with or without liquid. The jars are partially sealed, processed 1 hour at 15 pounds pressure in the steam pressure cooker and sealed. (Fig. 10.)

The bony pieces of chicken, including the back, feet, leg and thigh bones, wing tips, shoulder blades, ribs, breastbone, and neck, are placed

Fig. 6.—Breaking the back and rolling out the viscera.

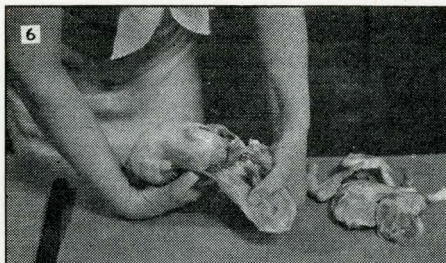


Fig. 7.—Removing the shoulder blades.

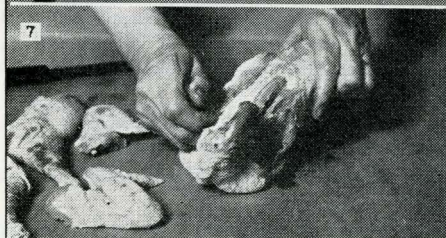


Fig. 8.—Boning the large pieces—legs, thighs, breast; removing wing tips.



Fig. 9.—Rolling and tying the boned pieces for ease in handling.

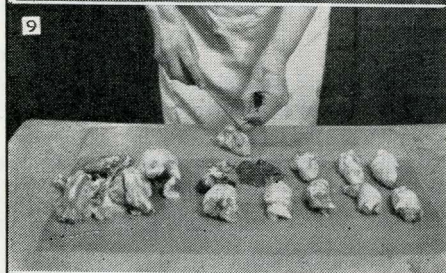


Fig. 10.—Canning chicken—The meat from one 4-pound chicken with large pieces boned, meat cooked and removed from the bony pieces, can be canned in 4 pint jars.



in a pan in the steam pressure cooker above the jars or dropped between them for cooking.

After processing, the bones are picked out and simmered 10 minutes in hot water to remove bits of extra meat and stock. The meat with stock and 1 t. of salt to a quart, is packed in glass jars, partially sealed and processed at 15 pounds pressure for 1 hour in the steam pressure cooker and sealed. The meat is excellent for loaf, hash, meat balls, scalloped chicken, meat pie and soup with dumplings.

The fat is cut in small pieces and fried out. It is excellent sweet fat and can be used for shortening in place of butter or any other fat.

The giblets are cooked, cut into small pieces, covered with gravy made of 1 cup of stock or milk, 2 T. chicken fat, 1 T. flour, and  $\frac{1}{4}$  t. salt creamed together, brought to a boil and served with mashed potatoes, over toast or biscuit.

The flavor of the gravy is improved if the fat and flour are very well browned before the liquid is added.

The giblets may be canned whole or cut in pieces, with or without gravy.

The giblets are packed boiling hot in jars, partially sealed and processed 1 hour at 15 pounds pressure in the steam pressure cooker and sealed.

#### Scalloped Chicken

Arrange a layer of pieces of stale bread in a greased baking dish. Cover with chopped cooked chicken, raw green peppers, pimientoes, celery and a bit of onion. Alternate the two layers until the dish is full. Fill dish with chicken broth and milk into which has been beaten, three eggs and salt. Bake 45 minutes in slow oven. Top should be brown and contents moist. Add more liquid during baking if needed.

This is an excellent dish for Sunday dinner, for the two parts, the filling and liquid, can be prepared early in the day and combined just before baking.

#### Creamed Chicken

3 c. chicken	$\frac{1}{4}$ c. flour
2 c. broth or milk	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. fat	6 pieces toast

Cream the fat and flour and add it to the hot broth. Add the salt and chicken. Bring to a boil. Serve over buttered toast, waffles or crackers.

#### Stewed Chicken With Macaroni

1 chicken	2 T. flour
2 c. macaroni, parboiled, or dry bread	2 T. onion
$\frac{1}{4}$ c. fat	2 t. salt

Roll pieces of chicken in salted flour and brown in fat. Cover with water and simmer. Add macaroni and onion 30 minutes before serving. Serve sprinkled with parsley.

#### Chicken Pie

Cut chicken into serving pieces. Cook in salted water until tender. Roll in flour. Brown in fat. Place chicken in greased pan. Add giblet



gravy. Cover with baking powder biscuit and bake. Serve in the baking pan.

#### Chicken Custard

1 c. milk	1 egg
$\frac{1}{2}$ c. bread crumbs	$\frac{1}{4}$ t. salt
2 T. chicken, ground	$\frac{1}{8}$ t. celery salt

Beat the egg. Combine ingredients. Bake in single pan or cups placed in a pan of water.

#### Chicken Pastie

1 c. chicken, diced	1 egg
1 c. flour, sifted	$\frac{1}{4}$ t. salt
Water	

Combine flour, salt, and egg with only enough water to make a dough easy to handle. Roll dough very thin. Cut in large circles. Dampen edges. Place seasoned chicken on one half. Fold the other half over and pinch edges together. Bake. Serve hot with melted butter or sauce made of 1 c. tomato juice, 1 T. butter and 1 T. flour.

#### Baking Powder Biscuit

2 c. flour	$\frac{1}{4}$ c. fat
4 t. baking powder	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ c. milk	

Sift dry ingredients together. Cut in the fat. Add the milk. Drop spoonfuls on top of the chicken. Bake. The dough may be rolled to half-inch thickness and cut into biscuit. One-fourth cup grated cheese may be rolled into the dough before it is cut into biscuit.

#### Chicken Shortcake

Make baking powder biscuit of two half-inch-thick circles of dough with butter between. Bake. Break in two. Cover with hot creamed chicken. Serve immediately.

#### Chicken With Dumplings

Prepare chicken as for pie and cut out spoonfuls of baking powder biscuit dough and drop them on top of the meat. Cover and steam 12 minutes. Serve immediately.

Dip spoon into hot stock before cutting out each dumpling so that the dough will not stick.

One-fourth cup of cornmeal and two eggs may be added and the fat omitted in the above biscuit mixture when making dumplings. This change makes a pleasing variety.

#### Chicken Loaf

$1\frac{1}{2}$ c. chicken, cooked	$\frac{1}{4}$ c. onion, chopped
2 c. bread crumbs	1 T. chili sauce
1 c. milk	1 t. salt
$1\frac{1}{2}$ c. string beans	$\frac{1}{8}$ t. paprika
$1\frac{1}{2}$ c. carrots	2 eggs, beaten

Grind the carrots, onions, and beans. Beat the eggs. Combine all ingredients. Pour into greased dish and bake  $1\frac{1}{2}$  hours. Serve hot or cold.



### Jellied Chicken

Season and cook chicken until tender. Remove bones. Pack chicken in greased mold. Cool stock. Skim off fat and reduce stock to 1 cup. Add 2 T. gelatin soaked in small amount of water. Bring to a boil and pour over the meat. Chopped green and red peppers, celery and sliced hard cooked eggs may be added. Chill and slice.

### Spiced Chicken

Select only the best pieces of 3 large chickens—the thighs, legs and breasts. Cut slits in each piece and insert bacon. Rub each piece with a mixture of salt, pepper and flour. Place in greased baking dish. Add 1 c. water,  $\frac{1}{2}$  c. vinegar, 1 T. sugar,  $\frac{1}{4}$  t. mustard. More water may be added if necessary. Cover and bake slowly 5 hours.

### Chicken Patties

2 c. chicken	2 T. flour
1 T. onion, minced	$\frac{1}{4}$ t. salt
2 T. milk	1 egg
1 c. bread crumbs	

Chop the chicken. Combine the first five ingredients. Make into patties. Dip in beaten egg. Roll in fine bread crumbs and again in egg. Brown in fat in hot skillet.

### Fried Chicken Mush

1 chicken	Water
$\frac{3}{4}$ c. cornmeal	Salt

Cook chicken until tender. Remove meat from bone and chop. Chill liquid and remove fat. Boil liquid down to 4 cups or add water to it. Sprinkle cornmeal into boiling liquid salted to taste. Cook until thick. Add chopped chicken and chill. Slice and fry.

### Giblet Gravy

Boil the gizzard, liver and heart in salted water until tender. Chop and add to medium white sauce made of:

4 c. milk or 2 c. milk and 2	$\frac{1}{4}$ c. chicken fat
c. broth	$\frac{1}{4}$ c. flour
2 t. salt	

Serve with mashed potatoes or over crisp toast, crackers or waffles.

### Chicken Wiggle

2 c. chicken, cooked and	1 c. tomatoes
diced	1 T. onion
2 c. milk	1 T. butter
1 c. rice, cooked	$\frac{1}{2}$ t. salt

Cook onion in butter. Add other ingredients. Bring to boil. Serve over crisp toast.

### Extension Service

**South Dakota State College of Agriculture and Mechanic Arts  
Brookings, South Dakota**

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